

To whom it may concern,

My name is Jermaine Alberts, I have played several years as a professional rugby league player. Including the North Queensland Cowboys, West tigers and currently the feeder club for the Gold Coast Titans, Ipswich Jets. I play outside backs and have been known for my speed and strength.

I have trained with Graham for nearly 12 months, and as a result I am the strongest I have ever been despite in the past and presently training in and with professional rugby league clubs. What I have noticed with Graham's program is it is very tailored to me and my physic.

I am currently the strongest player in my club despite being 10Kg lighter than the others. Like previously stated, despite receiving "expert" training I have not been as strong, until I started training with Graham.

To top things off, Graham helped me to strengthen weak joints and I also just naturally started to feel better. I also found that Graham's experience has help me in getting fast rehab results, from whatever issue I may face from our weekly games.

Please feel free to contact me with any questions or inquires I am more than willing to help.

Thanking you

Jermaine Alberts

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